



Choose My Therapy Workshop

READ THROUGH BEFORE ATTENDING

Choose My Therapy is a 2-session workshop designed to:

- Streamline therapy referral process and efficiently match veterans with the therapy of their choosing
- Encourage veterans to take an active role in their mental health treatment
- Provide education about effective therapy options to help veterans make an informed choice
- Enhance motivation and develop concrete therapy targets/goals

This is a 2-session Workshop, not a long-term or standalone treatment but an entry into therapy.

When: Thursday at 11:00AM and lasts approximately 60 minutes.

How to attend: The workshop is virtual. You will receive an email with a link that you will click on to join the video conference. On the date of the workshop, click the link about 10 minutes prior to the appointment and wait for the workshop to begin promptly at 1100. **Please have this packet printed or opened on computer prior to the appointment. You DO NOT need to fill these sheets out ahead of time.**

You will receive information about session 2 during your first class.

IMPORTANT: If you do not see the email in your inbox be sure to check your spam folder.

RALPH H. JOHNSON VA MEDICAL CENTER – GUIDELINES FOR VA VIDEO CONNECT (VVC)

1. When signing on to VA Video Connect you will be asked to enter your **name** and **contact information**. Please enter your first name and the first letter of your last name. Also, please enter your location so that we can assist you in the event of an emergency.
2. If you are using your own device for VVC appointments, try to connect with wi-fi; Sprint, Verizon and T-Mobile are free to use if you are using 4G.
3. TeleMental Health into the Home, also known as VA Video Connect, is not a suitable modality for everyone. You and/or your provider may determine services may be better offered via in-person or over TeleMental Health to a clinic.
4. If there are continuous difficulties with technology (audio/video) VVC may not be an option for you; alternatives will be given to you.
5. **Treat your VVC appointment just as you would a regular doctor's appointment at the hospital or clinic.** Be on time or notify your provider if you will be late or unable to attend. This includes wearing proper attire, conducting the sessions seated in an upright position (not lying down/in bed).
6. Ensure you have **removed possible distractions during session**: Cell phones should be turned off or on vibrate (do not text during session, do not e-mail, use the internet, or engage in any other activities on the computer during sessions); turn off televisions and radios; place pets in another room.
7. Due to the private nature of mental health appointments, you should be alone (no family or friends), unless otherwise agreed upon with your mental health provider. **Please have sessions in a private room.**
8. Be sure to **put your device at eye level** and on a solid surface vs. holding during the session to reduce distractions. Place device in a position to where the provider can consistently see your face.
9. Please be sure to have your **devices fully charged** prior to your scheduled appointment and or plugged into a power source.
10. If you are using your own device and it is an Apple IOS product, you will need to download for free "VA Video Connect" from the App Store. This will ensure that the call is secure and private (encrypted). This software will take up a certain amount of space on your device.
11. Put any other devices connected to the internet to "airplane mode." If using your phone, put "do not disturb" on so the session does not get interrupted.
12. Do not attend sessions while under the influence of alcohol or illegal drugs. No smoking during session.

Pros and Cons of Therapy	
Pros of Therapy	Cons of No Therapy
<p>Examples: I could start enjoying fishing again; I could do more things with my kids</p>	<p>Examples: I won't be able to keep a job because my irritability gets in the way; I won't be able to make it to my son's first football game</p>
My Therapy Goals	
<p>My <i>primary</i> therapy goal is: Example: To not feel so anxious in public or around people I don't know</p> <p>I will know I achieved this goal if: Examples: I can go to an event (2-3 hour concert) with my friends and not have to leave early</p>	
My Between-Session Assignments	
<p>1. I will complete Page 4 of this worksheet and bring it back with me to my next group session.</p> <p>2. I will attend the next workshop to learn a helpful coping skill on:</p> <p>_____</p>	

1. Read through all therapy options specific to your symptoms listed on page 5-8. Once you have done that answer the 3 questions listed below.
2. What could get in my way of effectively completing therapy?
(Ex: work schedule, not interested in homework)
3. What are 3 of my strengths that will help when therapy is challenging?
(Ex: Open to feedback, willingness to try anything)
4. Based on my current therapy goals, weekly availability, and readiness, which specific therapy would I like to engage in?

FIRST LINE TREATMENT: STRUCTURED THERAPY **PROTOCOL**

(Individual OR group setting available)

Primary Symptoms	Therapy Name	Description of Therapy
Overwhelming feelings of sadness, hopelessness, withdrawing from others, lack of activity or motivation, etc	- Cognitive Behavioral Therapy for Depression (CBT-D)	CBT-D explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to improve mood (12-16 weeks). CBT-D Brochure
	- Acceptance and Commitment Therapy for Depression (ACT-D)	Gaining greater acceptance of difficult emotions, thoughts, or circumstances. Veterans will work on identifying their values and take action to improve their quality of life (12-16 weeks) ACT-D Information
	- Interpersonal Psychotherapy (IPT)	IPT focuses on improving mood by supporting positive relationships. IPT helps the veteran address relationship problems caused by life changes, relationship conflicts, grief, or other issues (12-16 weeks). IPT Information
Chronic uncontrollable worry about everyday life, panic attacks, OCD etc	- Cognitive Behavioral Therapy for Anxiety Disorders (e.g., panic attacks, daily uncontrollable worry) (CBT-A)	CBT-A explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to reduce the fears and worry (8-12 weeks).
Substance Use	- Cognitive Behavioral Therapy for Substance Use Disorders (CBT-SUD)	CBT-SUD explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to make and maintain changes to substance uses and improve overall quality of life (12 weeks) CBT-SUD Information

	<ul style="list-style-type: none"> - Motivational Enhancement Therapy (MET) for Alcohol and/or Substance Use 	<p>MET helps to elicit and strengthen motivation for change. It involves a brief assessment followed by a conversation with your provider aimed at helping you decide what changes, if any, you would like to make in your alcohol and/or other substance use (2-4 monthly sessions). MET Information</p>
<p>Avoiding trauma reminders (e.g., specific places/situations/memories), nightmares, intrusive memories, etc</p>	<ul style="list-style-type: none"> - Cognitive Processing Therapy (CPT) 	<p>CPT focuses on decreasing symptoms of PTSD by exploring the relationship between thoughts and emotions. Veterans work through trauma beliefs related to safety, trust, power/control, esteem, and intimacy (12 weeks). CPT Information</p>
	<ul style="list-style-type: none"> - Prolonged Exposure (PE) 	<p>PE helps veterans regain control of their lives by helping veteran's approach trauma-related thoughts, feelings, and situations that tend to be avoided due to the distress they cause. Methods used include exposure to real-world reminders of trauma and talking through the trauma memory (8-15 weeks). PE Information</p>
	<ul style="list-style-type: none"> - Written Exposure Therapy (WET) 	<p>WET addresses PTSD symptoms by helping veterans face trauma memories in a safe and supportive environment. You will write about your trauma for the majority of the session & briefly review the experience of writing with your therapist. (5 weeks)</p>
	<ul style="list-style-type: none"> - Women's Health and Healing After Trauma (Group) 	<p>Group for female survivors of sexual trauma designed to enhance trauma recovery skills with an overall emphasis on general health and wellbeing (15 weeks; Thursday @ 1300; virtual)</p>

Sleep problems (only if sleep problems are not due to other symptoms)	- Cognitive Behavioral Therapy for Insomnia (CBT-I)	CBT-I focuses on changing thoughts and behaviors to help with difficulties falling and staying asleep (6 weeks).
Chronic Pain	- Cognitive Behavioral Therapy for Chronic Pain (CBT-CP)	CBT-CP focuses on changing thoughts and behaviors to improve pain management and quality of life (12 weeks). CBT-CP Brochure
Relationship conflict	- Integrative Behavioral Couples Therapy (IBCT) (completed w/ partner)	IBCT reduces conflict and encourages intimacy through acceptance and skills strategies (12-26 weeks)
Body Image or Food related Distress	- Intuitive Eating Group	For those struggling with body/weight/food-related issues looking to learn how to make peace with food from a non-diet perspective. IE covers topics to include rejecting diet mentality, honoring hunger & fullness, body respect & learning coping skills without using food. This group is not appropriate for Veterans with an active eating disorder diagnosis. (12 weeks; Tuesdays @ 1300; virtual)

SECOND LINE TREATMENT: COPING SKILLS CLASS

Coping skills classes are flexible. They are offered weekly; however, weekly attendance is not required.

Primary Symptoms	Therapy Name	Description of Therapy
Avoiding trauma reminders (e.g., specific places/situations/memories), nightmares, intrusive memories, etc	- PTSD Coping Skills Class	Coping-focused psychoeducational class designed to enhance understanding of PTSD and equip you with basic coping skills. Wednesdays @ 1030 (virtual)
	- PTSD Growth and Recovery After Trauma Class	Post EBP class designed to assist pts with maintaining their PTSD recovery and achieving posttraumatic growth. Tuesday @ 900-1000 (virtual)
	- Men's Seeking Safety Class	Assists those working to cope with both trauma and substance abuse. Focuses on building skills to cope with intense emotions and stress. Veterans will not discuss traumatic experiences in class sessions and are not pressured to divulge substance use during session. Wednesday @1400-1500. (in person Hinesville clinic)
	- PTSD Support Group Class	Open group of veterans helping veterans with coping and managing PTSD symptoms. Sharing experiences of strength and hope as they meet to form lasting and healthy relationships in a safe, trusting, environment. Thursday @ 1500-1600 AND Friday @ 1430-1530. (virtual)

General distress (Anxiety, depression, difficulty coping with stressors)	- Stress Management Class	Veterans will increase their knowledge of stress and learn different skills in order to improve healthy functioning. Domains covered will be mindfulness, emotion regulation, distress tolerance, and healthy communication. Tuesday @ 1300. (in person Hinesville clinic)
	- General Skills Class	Learn skills to help manage anxiety, depression and irritability. You will also work on setting goals, solve problems and communicate with others and use tools to help relax and manage stress. Friday @ 1000 (virtual)
Substance Use	- Substance Abuse: Relapse Prevention Class	For those seeking to maintain change regarding substance use. Sessions focus on a specific skill to address triggers, cravings, emotions, relationships, refusal skills, enhancing support systems, sober activities, recovery support, and satisfying sober lifestyle. For veterans at any point on the road to recovery. Tuesdays @ 1000 (in person Hinesville clinic)
Anger	- Anger and Irritability Management Skills	Anger management explores the relationship between thoughts and emotions and focuses on increasing awareness of triggers, changing thoughts and behaviors to reduce anger/irritability and learn more helpful ways to respond to anger (10-week therapy). AIMS Brochure Tuesday @ 1100 (in person at Hinesville clinic)

THIRD LINE TREATMENT: COPING SKILLS, SELF-GUIDED

No appointments. Mobile phone apps are available so that you can build coping skills completely on your own schedule.

Comprehensive list of VA Mobile Apps for Mental Health: [VA Mobile Apps](#)

Primary Symptoms	Therapy Mobile App Name
Sleep Problems	<ul style="list-style-type: none">- CBT-I Coach- Insomnia Coach
Anger	<ul style="list-style-type: none">- AIMS for Anger Management
General distress (Anxiety, depression, difficulty coping with stressors)	<ul style="list-style-type: none">- Mindfulness Coach- Mood Coach- Thought Diary
Relationship Distress	<ul style="list-style-type: none">- Couples Coach

If you feel you need immediate assistance, call 911 or go to the closest Emergency Department. Additionally, you may call the Veterans Crisis line at 1-800-273-8255. It is available 24 hours a day, seven days a week. You will be immediately connected with a qualified and caring provider who can help.